



**IN-ROOM
DINING**
◀ MENU ▶

BREAKFAST

6:30 am to 10:30 am

TROPICAL FRESH FRUITS AND JUICES

- FRESH FRUIT PLATTER | 480 gm | 72 kcal 475
- FRESH FRUIT JUICES | 275 ml 425
orange -142 kcal / watermelon - 91 kcal /
tender coconut water - 56 kcal





YOGHURT

- HOME-MADE NATURAL  300
YOGHURT | 150 gm | 40 kcal
- LASSI | 275 ml | 361 kcal  300
plain / sweet / salted
- CHAAS | 275 ml | 34 kcal  300
plain / masala
- CEREALS | 200 gm | 210 kcal   300
bowl of cornflakes / chocoflakes / wheatflakes
- MORNING BAKERIES  300
danish/croissants -100 gm | 382 kcal / muffins - 60 gm | 294 kcal
served with butter / preserves

EGG PREPARATION

- ▲ TWO FRESH FARM EGGS   500
scrambled -180 gm | 396 kcal / fried -180 gm | 313 kcal
boiled / poached -180 gm | 153 kcal

FROM THE GRIDDLE

- ▲ AMERICAN PANCAKES | 295 gm | 679 kcal    400
served with butter, berry compote & maple syrup
- ▲ CRISPY WAFFLES | 240 gm | 741 kcal    400
baked golden-brown & served with butter
& berry compote
- ▲ FRENCH TOAST | 280 gm | 310 kcal    400
served with maple syrup






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■ Vegetarian ▲ Non-vegetarian Allergen:  Gluten  Crustacean  Groundnut  Soyabean  Sulphate  Milk  Egg  Fish

BREAKFAST

6:30 am to 10:30 am

INDIAN SPECIALITIES











- POORI BHAJI | 415 gm | 845 kcal  600
served with home made pickle
- TAWA PARATHAS | 320 gm | 415 kcal   600
check for daily selection
- STEAMED IDLI | 510 gm | 478 kcal 500
plain / kancheepuram served with sambhar & chutney
- DOSA | 440 gm | 685 kcal 600
plain / masala / mysore served with sambhar & chutney
- MEDU VADA | 520 gm | 792 kcal 500
served with sambhar & chutney
- UPMA | 345 gm | 484 kcal  550
semolina tempered with mustard seeds & onions
- POHA | 320 gm | 508 kcal  550
maharashtrian preparation of flattened rice

LO-CAL BREAKFAST

- ▲ EGG WHITE OMLETTE | 190 gm   500
plain - 140kcal / masala - 150kcal
- OATS UPMA 400 gm | 307 kcal  550
with seasonal vegetables
- SEASONAL VEGETABLE JUICE | 275 ml 425
beetroot - 86 kcal / cucumber - 38 kcal / carrot - 96 kcal
- ▲ POACHED EGG ON SOUR DOUGH BREAD | 225 kcal 500
- BESAN KA CHILLA | 160 kcal 450
served with green chutney

SOUPS & SALAD

11:30 am to 04:00 am

- WILD MUSHROOM SOUP | 250 gm | 124 kcal   700
with paprika yoghurt & cheese toast
- ROASTED TOMATO MINISTRONE | 250 gm | 308 kcal   700
basil & bocconcini bruschetta -218kcal
- ▲ CHICKEN MANCHOW SOUP | 250 gm | 186 kcal  750
an all time favourite
- GREEK SALAD | 180 gm | 129 kcal  850
with vegetables, feta, olives, lemon & oregano dressing
- CAESAR SALAD WITH AVOCADO | 280 gm | 765 kcal   950
crispy lettuce & parmesan cheese in creamy dressing
- ▲ CAESAR SALAD.....    1050
GRILLED CHICKEN | 310 gm | 951 kcal
crispy lettuce & parmesan cheese in creamy dressing

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MAIN COURSE

11:30 am to 04:00 am

INTERNATIONAL SELECTION

- ▲ GRILLED SALMON 2050
- ▲ LAMB CHOPS 2050
- NASI GORENG | 533 gm | 707 kcal    1650
indonesian chicken & prawn "biryani"
.....with fried egg & chicken satay
- WILD MUSHROOM CREPE | 280 gm | 150 kcal  1100
served with saffron sauce
- VEGETABLE LASAGNE | 340 gm | 634 kcal   1100
cherry tomato confit

PAN INDIAN SELECTION

- ▲ MALVANI JHINGA | 425 gm | 677 kcal  1700
aromas of malvan region of coconut base prawn curry
- ▲ KERALA FISH CURRY | 360 gm | 691 kcal  1600
fish curry, just the way they prepare down south
- ▲ MUTTON ROGANJOSH | 360 gm | 626 kcal 1650
tender mutton morsels in an aromatic gravy
- ▲ KADHAI MURGH | 325 gm | 555 kcal  1550
boneless chicken preparation cooked with tomato
& bell peppers
- ▲ MURGH TIKKA MAKHANI | 325 gm | 490 kcal  1550
chargrilled chicken with rich tomato gravy
- MASALENDAR KADAI PANEER | 420 gm | 499 kcal  1350
semi dry preparation of cottage cheese with bell peppers

- MUSHROOM MATAR HARA PYAAZ  1050
410 gm | 263 kcal
mixed dry preparation of mushroom, green peas & green onion
- VEGETABLE KOFTA CURRY  1050
340 gm | 519 kcal
cottage cheese & mix vegetable koftas in a tomato gravy
- LASOONI PALAK | 400 gm | 340 kcal   1050
spinach cooked in indian spices with
dominant flavour of garlic
- VEGETABLE KOLHAPURI | 335 gm | 349 kcal 1050
mixed vegetables in a thick spiced gravy
- YELLOW DAL TADKA | 340 gm | 482 kcal  800
- DAL MAKHANI | 340 gm | 556 kcal  900

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MAIN COURSE

11:30 am to 04:00 am

HOME STYLE SELECTION

- ▲ HOME STYLE MUTTON | 365 gm | 429 kcal | 1650
no fuss....simple home cooking
- ▲ HOME STYLE CHICKEN CURRY | 1550
377 gm | 429kcal
- AAMCHURI BHINDI | 300 gm | 299kcal | 1050
diced bhindi cooked with onion, tomato,
seasoned dried mango
- ALOO MATAR RASSEDAR | 415 gm | 226kcal | 1050
home style potato & green peas curry

INDIAN THALI SELECTION

available from 12.30 pm to 3.00 pm & 7.30 pm till midnight

- ▲ NON VEGETARIAN THALI | 1950
daily selection of one mutton & one chicken preparation along with
two vegetable preparation accompanied with yellow dal, steamed rice,
choice of one indian bread & dessert of the day
- VEGETARIAN THALI | 1750
daily selection of one paneer & two vegetable preparation accompanied
with yellow dal, rice, choice of one indian bread & dessert of the day

RICE SELECTION

- ▲ GOSHT BIRYANI | 750 gm | 666 kcal | 1900
served with raita & gulab jamun
- ▲ MURGH BIRYANI | 750 gm | 770 kcal | 1800
served with raita & gulab jamun
- SUBZ BIRYANI | 520 gm | 561 kcal | 1450
served with raita & gulab jamun
- KHICHDI | 600 gm | 1350
delicious & comforting meal made of rice & lentil,
served with ghee, pickle, papad, curd & gulab jamun
plain -147kcal / masala-175 kcal
- CURD RICE | 600 gm | 308kcal | 950
- JEERA RICE | 250 gm | 240 kcal | 425
- STEAMED RICE | 250 gm | 141 kcal | 425

BREAD SELECTION

275

- NAAN | 120 gm | 287kcal
- ROTI | 90 gm | 300kcal
- LACCHA PARATHA | 110 gm | 231kcal
- PHULKA | 60 gm | 30kcal

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ASIAN SELECTION

12:30 pm to 12:00 am

STARTER

- ▲ SALT AND PEPPER PRAWN | 260 gm | 402 kcal   1650
- MUSHROOM IN BLACK PEPPER SAUCE | 260 gm | 151 kcal  950

MAIN COURSE

- ▲ FISH IN BASIL & CHILLI | 260 gm | 227 kcal   1450
oyster, bird eye chili & peppers
- ▲ KUNG PAO CHICKEN | 260 gm | 725 kcal  1250
- VEGETABLE MANCHURIAN | 250 gm | 495 kcal  950
- WOK TOSSED BABY PAK CHOY, BROCCOLI, MUSHROOM IN OYSTER SAUCE | 295 gm | 202 kcal  950

THAI CURRIES



- ▲ CHICKEN RED CURRY | 295 gm | 730 kcal 1450
- VEGETABLE GREEN CURRY | 295 gm | 416 kcal 1050

RICE & NOODLES

BURNT GARLIC FRIED RICE

- ▲ PRAWNS | 385 gm | 205 kcal    1050
- ▲ CHICKEN | 385 gm | 220 kcal  950
- VEGETABLE | 385 gm | 217 kcal 850
- JASMINE RICE | 280 gm | 170 kcal 450

PHAD THAI

- ▲ PRAWNS | 455 gm | 490 kcal    1050
- ▲ CHICKEN | 445 gm | 502 kcal   950
- VEGETABLE | 450 gm | 441 kcal  850

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LO-CAL MEAL

11:30 am to 04:00 am






SOUP

- VEGETABLE CLEAR SOUP | 250 gm | 138 kcal 700
- ▲ CLEAR CHICKEN DUMPLING  750
SOUP | 330 gm | 563kcal
the lo-cal healthy option.....with greens

SALAD

- SPROUT SALAD 750
with lettuce | 250 gm | 45kcal
- FATTOUSH | 260 gm | 262kcal 850
lebanese chunky salad; tossed in lemon, mint,
olive oil & sumac

MAIN COURSE









- ▲ STEAMED SEABASS | 410 gm | 188 kcal  1850
topped with soy ginger
- ▲ GRILLED CHICKEN | 410 gm | 888 kcal  1650
with sautéed vegetables
- STIR FRIED GREENS | 360 gm | 202 kcal  1050
with tofu
- WHOLE WHEAT NOODLE | 380 gm | 224kcal   1050
with sprout & greens

DESSERT

- SUGAR FREE....Ask for Daily Selection  350

LIGHT MEAL

24 HRS




















- ▲ FISH & CHIPS | 320 gm | 568 kcal    1450
in mexican style....nachos, salsa & guacamole
- ▲ DHAKAI-PARATHA    1300
ROLL | 420 gm | 892 kcal
stir fried chicken wrapped in egg paratha
- SPICY KOLHAPURI   1100
MISAL | 550 gm | 195 kcal
topped with farsan & onions
- AMRITSARI CHOLE | 625 gm | 455 kcal   1100
with bhature or tandoori kulcha
- PAV BHAJI | 545 gm | 907kcal   1100
mumbai special potato & tomato preparation
served with pav

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SANDWICHES & BURGER

12:30 pm to 12:00 am

▲ NON VEG CLUB 410 gm 1051 kcal   	1250	■ CLUB SANDWICH VEGETARIAN  	1050
▲ GRILLED CHICKEN & EMMENTAL 305 gm 943 kcal  	1150	■ TOMATO, MOZZARELLA & BASIL GRILLED IN PANINI 350 gm 238 kcal  	1050
▲ CHARGRILLED CHICKEN TIKKA IN MULTIGRAIN BREAD 290 gm 747 kcal  	1150	■ BOMBAY GRILLED SANDWICH 400 gm 258 kcal  	1050
▲ CHICKEN BURGER 400 gm 707kcal  	1150	■ STREET STYLE VEG SANDWICH 235 gm 258 kcal  	1050
		■ VEGETABLE BURGER 420 gm 724 kcal  	1050




PIZZA

11:30 am to 04:00 am

▲ PIZZA.....smoked salmon, rucola & olives 491 gm 1079 kcal   	1250
▲ PIZZA.....chicken tikka, peppers & onion 591 gm 1185 kcal  	1250
■ PIZZA.....onion, peppers, olive & caper 450 gm 1185kcal  	1150
■ PIZZA.....primavera 585 gm 1077 kcal  	1150
■ PIZZA.....margherita 420 gm 1149 kcal  	1150

PASTA | 261KCAL

24 HRS














▲ CARBONARA 450 gm 676 kcal  	1250
■ ARABIATA 450 gm 215 kcal  	1150
■ AGLIO OLIO 380 gm 512 kcal 	1150
■ BASIL PESTO 380 gm 453 kcal  	1150

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SNACKS

11:30 am to 04:00 am

- ▲ TANDOORI JHINGA | 295 gm | 415 kcal   1650
plump prawns doused in creamy cheese & exotic spices, char grilled
- ▲ TAWA POMFRET | 220 gm | 713 kcal   1650
spiced, griddle cooked pomfret fillets
- ▲ SEEKH KEBAB | 180 gm | 473 kcal  1550
aromatic lamb kebab cooked on a skewer over charcoal
- ▲ CAJUN SPICED MURGH TIKKA | 395 gm | 826 kcal  1450
cajun dusted marinated chicken in yogurt & chilli, cooked in tandoor spit
- ▲ MURGH MALAI TIKKA | 395 gm | 717 kcal  1450
chicken morsels marinated with creamy cheese & garlic
- LASOONI PANEER TIKKA | 550 gm | 270 kcal  1250
tandoor grilled paneer....dominant garlic flavour
- TANDOORI MUSHROOM | 180 gm | 488 kcal  1150
tandoor grilled mushroom....dominant tandoori flavour
- ALOO MATAR SAMOSA | 220 gm | 289 kcal  900
golden fried potato & peas parcel
- MIXED VEGETABLE PAKODA | 155 gm | 442 kcal 900
an assortment of batter fried vegetables
- CHILLI CHEESE TOAST | 162 gm | 991 kcal   900
spiced cheese spread on crisp toasted bread, gratinated
- FIVE SPICE SPRING ROLLS | 220 gm | 228 kcal  900
golden fried....served with chilli dip

DESSERT

24 HRS





- ▲ CHAI CRÈME BRULEE | 190 gm | 527 kcal  400
everyone's favourite.....tea flavoured delicate & rich
- CHOCOLATE BROWNIE | 200 gm | 436 kcal   400
served with vanilla ice cream & chocolate
- ▲ TIRAMISU | 130 gm | 424 kcal    400
with a difference, flavours of espresso & rum
- BAKED GULAB JAMUN | 200 gm | 108 kcal   400
gulab jamun baked with rabadi
- KESARI RASMALAI | 190 gm | 567 kcal  400
rasmalai in saffron flavoured rabdi
- ICE CREAM | 110 gm | 414 kcal  400

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HOT BEVERAGES

24 HRS

- COFFEE | 180 ml  400
Espresso-02kcal / Cappuccino-110 kcal / Café latte-136 kcal
- TEA | 180 ml | 132 kcal  400
Masala, Ginger or Elaichi
- TEA | 180 ml | 30 kcal  400
Darjeeling, Earl Grey, Assam
- HERBAL TEA | 180 ml | 02 kcal 400
Jasmine, Chamomile, Mint, Green Tea
- HOT CHOCOLATE | 180 ml | 110 kcal  400

COLD BEVERAGES

24 HRS

- MILK SHAKE WITH  ICE CREAM | 350ml | 495 kcal 450
- MILK SHAKES | 410 ml | 288 kcal 400 
- COLD COFFEE  WITH ICE CREAM | 350 ml | 515 kcal 450
- COLD COFFEE | 410 ml | 308 kcal 400 
- ICED TEA | 410 ml | 108 kcal 400

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KID'S MENU

11:00 am to Midnight

■ PEPA KI ALOO  
TIKKI CHAAT | 265 gm | 200 kcal 550
all kids love when topped with yoghurt

■ MAKIMA'S CHEESE  
SANDWICH | 200 gm | 233 kcal 550
the way you like, toasted, grilled or plain with fries

■ DENJI HUNGER  
TREAT | 190 gm | 294 kcal 550
penne with classic tomato sauce flavoured with basil

PORTAL BREAKER BURGER

in olive bread with smiley potatoes

▲ CHICKEN | 240 gm | 406 kcal   650

■ VEGETARIAN | 230 gm | 362 kcal   550

GRAVITY GAME PIZZA FRESH FROM THE OVEN

with your choice of topping



▲ CHICKEN | 320 gm | 436 kcal   650

■ VEGETARIAN | 300 gm | 375 kcal   550

SHINCHAN'S FAVOURITE NOODLES

▲ CHICKEN | 230 gm | 276 kcal   650

■ VEGETARIAN | 215 gm | 199 kcal  550

▲ BLACK NOIR FISH  
goujon | 170 gm | 241 kcal 650
batter fried golden fish fingers

▲ TWILIGHT CREAMY PASTA | 210 gm | 350 kcal   650
spaghetti with chicken & mushrooms in cream sauce

▲ MINION'S MANCHURIAN | 260 gm | 214 kcal   750
chicken manchurian served with egg fried rice

DESSERTS

■ SCOOPY-DOO BROWNIE | 140 gm | 699 kcal   300
with vanilla ice cream & hot chocolate sauce

■ ELEVEN SUNDAE DELIGHT | 80 gm | 414 kcal   300
choice of ice cream flavour to make it your funday

TO PLACE YOUR IN- ROOM DINING ORDER, PLEASE PRESS
THE IN-ROOM DINING ICON ON YOUR ROOM PHONE.

AN AVERAGE ACTIVE ADULT REQUIRES 2,000 KCAL ENERGY PER DAY,
HOWEVER, CALORIE NEEDS MAY VARY.

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HOTEL SAHARA STAR, OPP. DOMESTIC AIRPORT, MUMBAI - 99, INDIA.